



مجلة جامعة ذي قار لعلم التربية البدنية  
مجلة علمية محكمة تصدرها كلية التربية البدنية وعلوم الرياضة



## *Investing leisure time in recreational sports activities to reduce psychological stress among prisoners*

*Basra*

*Ahmed Ghazi Hamoud Jaber*

*/ Southern Technical University / Engineering Technical College - Basra*

[Ahmedghazia1992@gmail.com](mailto:Ahmedghazia1992@gmail.com)

Published online:  
20/ 12/2025

Keywords:  
*Leisure time. Sports  
recreation.  
Stressors.  
..Prisoners*

### **ABSTRACT**

The importance of the research is to identify the effect of recreational sports activities to reduce or reduce psychological stress in Basra prisoners. results resulting from the psychological pressures that prisoners are exposed to and the wrong use of leisure time, and one of the objectives of the research is to make the correct and ideal investment of leisure time in prisoners, and to identify the causes and sources of psychological stress in prisoners, as well as to identify the effectiveness of recreational sports activities in alleviating psychological stress in prisoners.

The researcher employed a descriptive survey method to align with the research project's objectives, the nature of the problem, and the description and explanation of the studied phenomenon to derive results. The sample was deliberately selected from the prisoners of Basra Governorate (Hamdan Central Prison), comprising 250 individuals. Ultimately, 180 prisoners participated in the experiment, representing 72%, while 64 prisoners were excluded for the exploratory phase. Consequently, The sample was split into two sections: one for the scale's design and fabrication, and another for its application. At first, 100 prisoners, or 40% of the overall population, made up the sample used to create the scale. Second, the scale was applied to 80 inmates, or 32% of the total. The researcher came to the conclusion that inmates in the Basra Governorate who participate in recreational sports experience less psychological stress and anxiety. while to call for not overseeing the role of recreational sports activities within the daily curricula of prisoners, giving great importance to physical recreational activities inside the prison and increasing group games because of their great role in spreading the spirit of love and tolerance, getting out of psychological pressures and anxiety, and optimal use of leisure time.

Adopting a planned and deliberate physical recreation curriculum to alleviate the psychological stress of prisoners.

**Introduction:**

Societies and countries have been suffering from the phenomenon of deviance and crime since ancient times due to the deviation of individuals from social and legal values, which led to an increase in the number of prisoners in prisons, and this phenomenon has worsened nowadays and has become more widespread and expanding in different ways, and it is one of the phenomena that threaten society due to the various disturbances it causes and poses a danger to the lives of others.

Prisoners enjoy a long free time and time regulation is one of the basic things in the life of every individual, as it cannot be kept or retrieved when needed, as time if you do not cut it off, and free time is the excess time that the individual spends according to his desire away from personal obligations and daily duties, i.e. it serves as free time to be spent and exercised in an optional way according to the individual's tendencies and tendencies. The way to invest leisure time cannot be underestimated, as the misuse of time benefits society in general and the individual in particular, and vice versa, as good time planning makes the individual ready to overcome the psychological, health and social life problems that face him, as well as increases the efficiency of the individual to accomplish his personal tasks in the shortest time and with the least effort.

Recreational sports activity is one of the most important activities or one of the most prominent means of physical and psychological recreation that is concerned with society and to reduce psychological problems and pressures, and it is a valuable step to modify psychological and personal qualities and develop the behavior of prisoners practicing these activities, where physical activity forms an essential axis in the life of prisoners, as it is an important field in their upbringing, care and rehabilitation from the psychological and physical aspects, as sports aim to reintegrate socially with others, which in

turn spreads joy and pleasure and reduces psychological pressures. Anxiety in prisoners through playing group recreational games during leisure time.

The interest of developed countries in recreation has increased because they realize that it is one of the best means of investing leisure time, which is one of its outcomes and outputs to acquire many physical, moral, social and cognitive values and reduce psychological stress.

Here lies the problem of the research that the negative consequences of the psychological pressures that prisoners are exposed to in prisons, should not be overlooked and ignored the sources and causes of these pressures resulting from prisoners, so it was necessary to study this phenomenon and identify its most important causes and sources in order to reduce its effects and complications and thus try to reach the prisoners to a positive adaptation to these psychological pressures through the correct use of free time. Psychological stress is one of the most common problems that the prisoner suffers from, as it results in multiple forms such as anxiety, frustration, psychological tension and other psychological problems, as the prisoner in old age realizes that he is different from others and that there are things that he cannot do, so he generates a feeling of discomfort and discomfort.

**Objective of the study:**

- 1- Building a Scale for Spending Leisure Time in Recreational Sports Activities to Reduce Psychological Stress among Basra Prisoners.
- 3- Identifying the effectiveness of investing leisure time in recreational sports activities to reduce psychological stress among Basra prisoners.

:

Due to the nature of the subject of the study, the researcher used the descriptive method in the survey method in order to suit the objectives of the research project, the nature of the problem, and to describe and explain the phenomenon of the study to obtain the results, "The main purpose of the descriptive research is to describe the variable as it exists at the present time

without the intervention of the researcher" (Adnan Awad: 2008: 41). The descriptive method is one of the analytical and interpretive methods in a precise and organized scientific manner for the purpose of reaching the specific and required goals by identifying the social problem and obtaining accurate and detailed information about the research problem and subjecting it to study (Kamal Mansour: 2003: 13).

### **Participants**

The sample is part of the society, i.e. which is selected according to special principles and rules, and this part must represent the community honestly so that the researcher can use the data and obtain the most accurate results: (Mohamed Bouallaq: 2009: 15). The researcher determines his sample according to the objectives planned in his study and the research procedures and tools used (Raysan Khraibet: 1987: 62). As a result, the since 180 inmates (72%) participated in the experiment, with 64 inmates and 6 inmates being excluded for the exploratory phase. As a result, the sample was divided into two sections: one for the scale's design and construction and another for its application. First, the scale was constructed using a sample of 100 inmates, whose percentage was 40%. Second, the scale was applied to 80 inmates, or 32% of the total.

### **Methodology**

To complete his study, the researcher needs a variety of data, and for data collection, he must choose appropriate instruments relevant to the research question. Precise data collection is made easier by a variety of techniques, International Information Network (Internet). An interview is a dialogue-style verbal interaction about a particular event or problem between two people, one of them is the researcher and the other is a participant. Finding the underlying causes of the issue the researcher is facing is the goal (Bilal Khalaf Al-Sakarna: 2012: 78). To get material relevant to the current study, the researcher conducted multiple in-person specialists. Questionnaire: In

relation to their research topic, the researcher created a questionnaire. A questionnaire is a means of collecting common and common data in many psychological and social researches, as it includes a set of written questions related to the topic of the research project and answered by the sample members, and often the questions are answered by choices (Hussein Abdel Hamid: 2010: 169).

and an HP laptop and a manual calculator.

### **Measures**

It is "a set of basic steps that can be followed when building a test or scale and how to link the units of the scale to measure the overall aspects of the skill, trait, trait or ability" (Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan 2002:116), where the measurement process is the integration and connection of the theoretical aspect with the practical aspect.

To attain the study's aims and secure precise results, the researcher has implemented the following processes and steps: Identifying the phenomenon for investigation: Identifying the phenomenon for measurement and analysis necessitates a comprehensive understanding of its concept and boundaries; specifically, the phenomenon under investigation is the impact of physical recreational activities on alleviating psychological tension and anxiety.

**Objective of Scale Development:**

the effect of physical recreational activity to reduce psychological stress in prisoners for the purpose of accustoming them to the correct investment of leisure time, and then to prepare a comprehensive and accurate scale.

**Preparation of the Preliminary Version of the Scale:**

The questionnaire is the main source of data related to the applied aspect of the study, it is considered the first and most common tool in collecting information compared to other tools because it takes a short time, is less expensive and has the ability to collect data from the largest number of individuals (Adas: 1997: 110).

The questionnaire was designed based on the previous measures of most of its paragraphs after it was adapted to suit the Iraqi environment, while the researcher drafted some paragraphs based on the indicators of some studies and sources in order to collect information about the research sample, and the questionnaire contained an introduction explaining the objectives of the study and instructions on how to answer its paragraphs, it was formulated according to a five-response scale, and the intensity of the answer ranged between (5-1) degrees, and thus the paragraphs of (25) paragraphs were prepared directed to a sample. The study specialized in Basra prisoners to know the role of physical recreational activity on the psychological aspect.

### **Determining the method**

The researcher where he presents the researcher with questions and asks for his answer by choosing the optimal choice between a group of options or alternatives that have different weights (Ahmed Odeh: 1998: 407).

Presentation of the paragraphs:

Before implementing and applying the questionnaire to the research sample, it was presented to a group of doctors in the field of physical education from the University of Basra, Faculty of Physical Education and Sport Sciences, and requested to be refereed to know the validity of the questions, identify defects and errors, and make amendments such as deletion and addition for the purpose of achieving the objectives of the study.

Second: Bloom notes that "the researcher must obtain the approval of (75%) or more of the opinions of the arbitrators calculated at the level of significance (0.05) and the degree of freedom (1) is equal to (4.26), which is greater than its tabular value of (3.84), indicating the significance of this ratio and it represents (14) experts out of (18) experts. Five paragraphs were left out. 3-4-2-6 Investigative Test When the scale is prepared for use, the researcher performs a brief experiment on a basic sample known as the

exploratory experiment. This serves as training for the researcher and helps them understand the advantages and disadvantages of the final test of the study sample (Qasim Al-Mandalawi et al., 1989: 107). psychological stress in prisoners determine the time it takes for the prisoners to answer the questionnaire paragraphs

### **3.5 Main experience**

The purpose of conducting this experiment is to apply the scale of leisure time investment in recreational sports activities to reduce psychological stress in prisoners in its final form with the aim of statistically analyzing the paragraphs statistically, knowing the discriminating power of the paragraphs of the scale, and identifying the distinct and non-distinct paragraphs.

#### **3.5.2 Statistical analysis of paragraphs**

The aim of analyzing the paragraphs of the scale statistically is to improve the quality of the test by detecting the weakness of the paragraph, and then work to reformulate or exclude it if it is not valid<sup>1</sup>.

##### **3.5.2.1 Tactics of extremist groups**

The ability to discriminate is defined as the ability of a paragraph to distinguish between individuals with high scores and individuals with low scores in the trait measured by the scale, and for the purpose of calculating the strength of paragraph discrimination, the researcher followed the following

- 1- Calculating the total score of the scale from all the scores obtained by the laboratory for each item
-

- 2- The scores obtained by the sample members were arranged in descending order
- 3- The scores were divided into two sets of scores, one of which represented the individuals with the highest scores

The second represents the individuals who obtained the lowest scores, and each group represents (27%) of the sample members, and thus the researcher formed two upper and lower groups, and to calculate the power of paragraph discrimination, the law of (T) was used, and after applying statistical operations to extract the discriminating power of the paragraphs, the following results appeared that all the paragraphs are distinctive, as shown in Table (1).

**Table (1)**  
Shows the value of (discrimination coefficient) calculated for the paragraphs of the scale of leisure time investment in recreational sports activities using extremist groups

Statistical Significance	Calculated T Value	Lower Group		Top Group		t
		Standard deviation	Arithmetic mean	Standard deviation	Arithmetic mean	
0.00	3.76	1.61	2.58	1.37	3.52	1
0.00	4.92	1.66	2.77	1.12	3.94	2
0.00	6.70	1.56	2.77	0.98	4.24	3
0.00	4.76	1.62	2.93	1.20	4.07	4
0.00	5.06	1.70	2.94	1.09	4.15	5
0.00	3.62	1.70	3.23	1.05	4.08	6
0.00	5.01	1.66	3.07	0.81	4.17	7
0.00	4.16	1.77	3.11	1.10	4.14	8

Statistical Significance	Calculated T Value	Lower Group		Top Group		t
		Standard deviation	Arithmetic mean	Standard deviation	Arithmetic mean	
0.00	6.26	1.64	2.79	1.06	4.24	9
0.00	7.10	1.56	2.82	0.80	4.30	10
0.00	4.38	1.68	2.96	1.19	4.03	11
0.00	7.27	1.59	3.03	0.63	4.51	12
0.00	5.40	1.62	2.89	0.94	4.08	13
0.00	9.41	1.37	2.34	1.01	4.24	14
0.00	6.52	1.63	2.89	1.00	4.37	15
0.00	5.46	1.66	3.01	0.95	4.25	16
0.00	6.25	1.64	3.07	0.75	4.41	17
0.00	4.85	1.63	2.96	1.17	4.11	18
0.00	2.49	1.64	2.89	1.22	3.49	19
0.00	5.38	1.73	3.23	0.82	4.45	20

### 3.5.2.2 Internal consistency coefficient

The discriminating power of the paragraphs does not determine the extent of their homogeneity in the measurement of the phenomenon to be measured, as there may be paragraphs that are close in their discriminating power, but they measure different dimensions of its behavior.

This method shows us the extent of homogeneity of the paragraphs, as there may be close paragraphs, but they measure different dimensions, so the internal consistency coefficient is used to achieve this purpose, and

many studies explain the reasons for using this method because it has several advantages:

- 1- It provides us with a homogeneous scale in its paragraphs so that each paragraph measures the same behavioral dimension as the scale
- 2- that the discriminating power of the paragraph is similar to the discriminating power of the scale

The researcher used the correlation coefficient (Pearson) between the scores of the sample members on each item and their scores on the scale as a whole by means of the statistical package (SPSS) and after doing the statistical analysis of the scale, it was found that all the paragraphs are highly correlated as shown in Table (2).

**Table (2)**  
**Shows the internal consistency coefficient of the paragraphs of the Leisure Time Investment in Recreational Sports Activities Scale**

<b>Correlation</b>	<b>t</b>	<b>Correlation</b>	<b>t</b>	<b>Correlation</b>	<b>t</b>	<b>Correlation</b>	<b>t</b>
<b>0.770</b>	<b>16</b>	<b>0.780</b>	<b>11</b>	<b>0.867</b>	<b>6</b>	<b>0.694</b>	<b>1</b>
<b>0.779</b>	<b>17</b>	<b>0.567</b>	<b>12</b>	<b>0.775</b>	<b>7</b>	<b>0.707</b>	<b>2</b>
<b>0.569</b>	<b>18</b>	<b>0.518</b>	<b>13</b>	<b>0.787</b>	<b>8</b>	<b>0.749</b>	<b>3</b>
<b>0.572</b>	<b>19</b>	<b>0.577</b>	<b>14</b>	<b>0.677</b>	<b>9</b>	<b>0.766</b>	<b>4</b>
<b>0.769</b>	<b>20</b>	<b>0.668</b>	<b>15</b>	<b>0.799</b>	<b>10</b>	<b>0.642</b>	<b>5</b>

### **3.5 Scientific Foundations:**

#### **3.5.1 Honesty:**

Honesty is one of the most important basic concepts in tests that should be available in measurement tools, as the truthfulness of the test is the extent to which the measurement tool is useful for a certain goal, and honesty is accepted according to the correlation coefficients that refer to it (Muhammad Nasreddine: 2006: 177).

There are several types of truthfulness, and the researcher has verified the validity of the scale through:

### **First: The Honesty of the Arbitrators**

This honesty is calculated after presenting it to a number of specialists and experts in the field in which the test is being conducted, if the experts agree that this test measures the behavior that was designed to measure it, then the researcher can rely on the judgment of experts (Khairuddin Ali Owais and Essam Al-Hilali, 1997: 97).

This kind of honesty was achieved when the researcher presented the questionnaire to a group of specialists and experts in this field, and thus some of the paragraphs that received the approval and endorsement of experts were accepted, and the insincere paragraphs were deleted, as well as some paragraphs were modified according to the opinion of the referees.

### **Second: The Sincerity of the Construction**

Construct honesty is one of the most suitable types of validity for building metrics because it relies on empirical verification of the extent to which the scores of the paragraphs match the property or concept to be measured <sup>(2)</sup>.

The researcher has verified the validity of the construction in his current research scale through the following indicators:

#### **1- Extremist groups**

This was verified when the discriminating power of the paragraphs was calculated using the T-test and the previous table (2) shows this.

#### **2- The truth of the internal test**

The researcher relied on this method (because it is characterized by providing us with a 3homogeneous scale that measures each paragraph of the dimension measured by the scale as a whole, and it has the ability to highlight the correlation between the positions of the scale).

---

### 3.5.2 Stability of the scale:

Consistency of a scale or test means obtaining the same results if the same person or group is retested multiple times on the same day or on different days under the same environmental conditions (Leila El-Sayed Farhat: 2001: 113).

, and calculating stability is one of the characteristics of a good scale because it indicates the consistency of the paragraphs of the scale in measuring what the scale is supposed to measure (1-26)

There are several ways through which the stability coefficient can be extracted, as the researcher used the (alpha-cro-Niebach) method because it is used in any type of objective and essay questions, as the consistency was extracted in this way by applying the (alpha-cro-Niebach) equation to the members of the construction sample of (100) prisoners using the statistical package, where it was found that the value of the stability coefficient is equal to (. 0.874

### 3.6 Main Experiment: Final Application of the Scale

After confirming the validity and consistency of the questionnaire, it was distributed to the sample of the study, where (80) forms were distributed

After that, the responses of the research sample were analyzed, and the data were collected, as each prisoner had his own grade.

Presentation of the results of the Leisure Time Investment Scale in Recreational Sports Activities to Reduce Psychological Stress in Prisoners, its Analysis and Results:

#### Table (3)

**Shows the theoretical mean, arithmetic mean, standard deviation, calculated value (v) and error ratio of the scale of leisure time investment in recreational sports activities to reduce psychological stress in prisoners.**

Relative to SIG error	t Calculated	Standard deviation	Arithmetic mean	Theoretical Medium	Number of paragraphs	Scale
0.00	46.704	5.03914	90.3833	60	20	Investing leisure time in recreational sports activities

Table (3) shows the most prominent of which is the investment of leisure time in recreational sports activities to reduce psychological stress in prisoners, and that the investment of leisure time in recreational and sports activities has a tangible positive effect on their mental health. According to the research, people who engaged in regular physical activity had lower levels of stress, anxiety, and sadness. These findings are consistent with previous studies that confirm that exercise and recreational activities act as effective means of releasing negative energy and reducing stress, as well as promoting a sense of self-control and improving overall mood. Physical activity also contributes to improving sleep quality and increasing an individual's ability to adapt to the environment, which is important in a prison environment that is often characterized by routine and high psychological stress.

The research also highlights the importance of organizing recreational and sports programs within prisons to encourage prisoners to participate, not only as a means of entertainment, but also as a tool for psychological and social development. Group activities such as football, basketball, or group fitness exercises also promote positive social interaction among prisoners, reducing behavioral problems and internal conflicts. On

the other hand, the research indicates that there are factors that may affect the effectiveness of these activities, including the availability of sports equipment, play spaces, and the efficiency of the supervisors to organize the activities. Therefore, supporting the prison administration with these resources and training supervisors in the psychological aspects of sport is essential to achieve maximum benefit.

In conclusion, the research confirms that the investment of leisure time in recreational and sports activities is not a luxury, but rather a necessity to improve the mental health of prisoners, and to reduce psychological stressors that may lead to aggressive behaviors or social problems after release. These findings call on decision-makers to adopt organized and sustainable programs for sports and recreational activities within prisons, and leisure time is the time periods that an individual has outside of work or mandatory daily responsibilities, although most of them Prisoners in these times have no business or activities and therefore have the freedom to choose the activities they would like to do, it is an opportunity for relaxation, entertainment, learning, creativity and social interaction. Leisure time is an essential part of human well-being if it is invested in a positive way, as it achieves psychological and mental balance, self-renewal and personal growth, and compensates for the drying up of routine and exhausting space. However, if it is exploited, it may lead to a feeling of emptiness or even frustration, so we see it important to pay attention to sports activities within timetables, while developing clear plans prepared in advance to exploit the leisure spaces through the use of useful sports activities, and this is what (Abdel Halim, 2010) confirmed that time management is done correctly and time is not wasted, and the time program is made after a prior study of other factors such as environmental and social conditions, as well as good planning for the time factor in terms of the availability of the flexibility factor. In the plan set with the opportunity to

participate for everyone and at the specified time for each event without affecting the other, as well as in order to achieve the goals of the sports program and according to the set schedule and not to deviate from it, the plan is drawn up in advance, discussed and consulted, and alternative plans are developed for the occurrence of any emergency matter.

#### Conclusions:

- 1- It was found that the recreational curriculum that included recreational sports activities helped reduce anxiety and psychological stress in Basra prisoners.
- 2- Lack of proper use of leisure time by prisoners in practicing sports activities.
- 3- Desire to play games or group activities
- 4- It is considered a healthy path towards achieving general health, as during the practice of sports activities, full growth is achieved physically, psychologically, and socially.
- 5- Improving the efficiency of the various body systems such as the circulatory, respiratory, muscular and nervous systems, which helps human safety and physical health, and therefore mental health.

Recommendations: In light of the researcher's conclusions, he recommends the following:

- 1- Do not neglect the role of physical recreational activities within the daily curricula of prisoners.
- 2- Giving great importance to physical recreational activities inside the prison and the increase in group games because of their great role in spreading the spirit of love and tolerance and getting out of psychological pressures and anxiety.

- 3- Adopting a planned and deliberate physical recreation curriculum to alleviate the psychological stress of prisoners.
- 4- The prisoner should engage in recreational activities on his own initiative and not be forced or practice under any external pressure.
- 5- The prisoner should choose the types of sports activities he prefers over other activities.
- 6- Due to the lack of special studies in this field and its novelty in Iraqi sports, the researcher recommends conducting other studies, including (conducting a comparative study of the role of recreational sports activities to reduce anxiety and psychological stress among prisoners in Basra and prisoners of some neighboring Arab countries).
- 7- Preparing football and volleyball fields and providing table tennis as it is one of the most popular games and the tendencies of prisoners for this aspect.
- 8- Providing specialized cadres in physical education and psychology to supervise recreational programs inside prisons.

## **REFERENCES**

- Adnan Awad: Scientific Research Methods, Cairo, Arab Company for Marketing and Supplies, 2008, p. 41.
- Bilal Khalaf Al-Sakarna: Work Ethics, First Edition, Al-Masirah Printing and Publishing House, Amman, 2012, p. 78.
- Khairuddin Ali Owais and Essam Al-Hilali: The Mathematical Society, Dar Al-Fikr Al-Arabi, Cairo, 1997. p. 97.
- Abdel Halim Jabr Nazzal: Measuring the Level of Administrative Skills and the Extent of Influence on Others for Administrative Bodies Building and Applying 2013

- Raysan Khraibet: Research Methods in Physical Education, Dar Al-Kutub Directorate for Printing and Publishing, Mosul, 1987
- Muhammad Hassan Allawi and Muhammad Nasr Al-Din Radwan: Analogy in Physical Education and Sport Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2002.
- Mohamed Bouallaq: The Mentor in Statistics, Dar Al-Amal for Printing, Publishing and Distribution, Algeria, 2009, p. 15.
- Kamal Ait Mansour and Rabah Tahir, Methodology for Preparing Scientific Research - Dar Al-Huda, Ain Melilla, Algeria, 2003, p. 18.
- Hussein Abdel Hamid Ahmed Rashwan, Education and Society: A Study in Sociology, University Youth Foundation for Publishing, 2010, 1st edition, p. 169.
- Adas Abd al-Rahman, Fundamentals of Educational Research, 1st Edition, Amman, Dar Furqan, 1997, p. 200.
- Ahmed Odeh: Measurement and Evaluation in the Educational Teaching Process, 2nd Edition, Amman, Dar Al-Amal for Publishing and Distribution, 1998, p. 407.
- Qasim Al-Mandalawi (et al.): Tests, Measurement and Evaluation in Physical Education, Baghdad, Higher Education Press, 1989, p. 107.
- Muhammad Nasr Al-Din Radwan: Introduction to Measurement in Physical and Sport Education, 1st Edition, Book and Publishing Center, Cairo, 2006, p. 177.
- Laila El-Sayed Farhat: Measurement and Tests in Physical Education, 1st Edition, Al-Kitab Center for Publishing, Amman, 2001, p. 133.

*M/ Questionnaire*

Dear Mr.....

Please kindly answer the questionnaire paragraphs about a study tagged with the title "**Investing Leisure Time in Recreational Sports Activities to Reduce Psychological Stress in Basra Prisoners**" and since you are one of the participants in this study, please read the paragraphs of the scale accurately and objectively and mark a sign ( ) in front of the paragraph that you feel agrees with you or does not agree with you while you are doing your work.

Thank you for your cooperation with us in the service of scientific research.

In this paragraph an illustrative example

<i>very disagreeable</i>	<i>Disagree</i>	<i>Neutral</i>	<i>OK</i>	<i>I agree very much</i>	<i>Paragraphs</i>	<i>t</i>
				✓	<i>Sport increases my self-confidence and ability to adapt</i>	<i>1</i>

Note:

♣ *There is no right answer and no wrong answer, but your answer is based on how you feel.*

♣ *The information you provide is for scientific research purposes only.*

**Thank you for your cooperation with the utmost respect and appreciation.**

### *General Information*

- 1- Age:  Less than 20  20–29  30–39  40 and above
- 2 Educational Level:  Illiterate  Primary  Preparatory  Secondary  
 University
- 3 Prison Duration:  Less than 1 year  – 3 years  More than 3 years
- 4- The availability of sports equipment and equipment in the prison  is adequately  available but insufficient
- Not available

### *Professional Affiliation Scale*

very disagreeable	Disagree	Neutral	OK	<i>I agree very much</i>	<i>Paragraphs</i>	<i>t</i>
					I'm happier when I play sports	1
					When I practice recreational activities, I get recognition for what I do	2
					I feel good about my appearance when I do recreational activities and sports	3
					Exercise in recreational activities increases my ability to cope with stress	4
					Doing recreational activities and sports helps me make appropriate decisions	5

					Doing recreational activities helps me face challenges	6
					Recreational sports activities contribute to the belief in the importance of performing and adhering to duties	7
					Achieving sports goals enhances a sense of accomplishment and boosts confidence	8
					Recreational activities: Exercise reduces stress hormones, which improves mood and reduces anxiety.	9
					<i>Practice of recreational sports activities contributes to increasing physical and psychological growth</i>	10
					<i>Recreational sports activities contribute to increased social relationships</i>	11
					Sports activities provide free and suitable activity for everyone	12
					Recreational sports help me get rid of psychological stress	13
					Practice of recreational sports activities provides a healthy environment both psychologically and physically	14
					Recreational sports activities contribute to the integrated	15

					participation of the body and mind during exercise	
					Investing leisure time in sports improves sleep quality and psychological relaxation	16
					Recreational sports activities contribute to the psychological and social balance of the individual through positive and creative participation	17
					Feel more comfortable when you invest your free time in sports activities	18
					Regular exercise helps reduce negative emotions	19
					Participating in sports activities reduces my boredom	20